

FIRST PE - LESSON 1 - Early Years

EQUIPMENT:

Throw down spots, strips, hands and feet

Learning Intention: How can you move safely?

Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, and skipping

WARM UP: Freeze



Negotiate Space

Children walk slowly and/or tiptoe around. Teacher to blow whistle and/or call FREEZE children practise freezing and listening to instructions.

Explain to the children that they must stop when the teacher blows the whistle or says FREEZE to be SAFE. When they move around they must 'look out for their friends'. Can they move around in different ways?

ACTIVITY 1: Moving Me



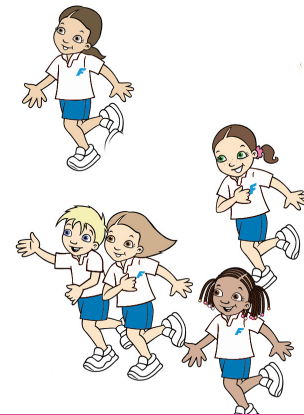
Negotiate Space

1. Children to move around the hall in different ways, teacher to call out the following feelings and movements and children are to react...

- Happy me
- Grumpy me
- Sad me
- Funny me
- Jumping me
- Small me
- Waving me (wave as you go past a friend)
- Skipping me

Teacher to call FREEZE at any point - children freeze in a pose.

Safety: Remind children as they move to look out for their friends.



Move energetically- Skipping

ACTIVITY 2: Sticky Spots

1. To start children have to find a SAFE space - each child to have their own spot or marker on the floor in a space - children to put their arms out so they cannot touch anyone - showing them they are in a safe space.

2. Children to imagine their spot is stuck to the floor with glue.

3. Teacher to pretend they have a magic wand. When the teacher calls out a body part children are to put different parts of their body on the spot as the teacher calls them out e.g. foot, hands, head, 2 fingers, elbow, toes, knee, back etc...

Make it harder: Can you add two parts of their body?



Demonstrate balance



ACTIVITY 3: Hot Spots

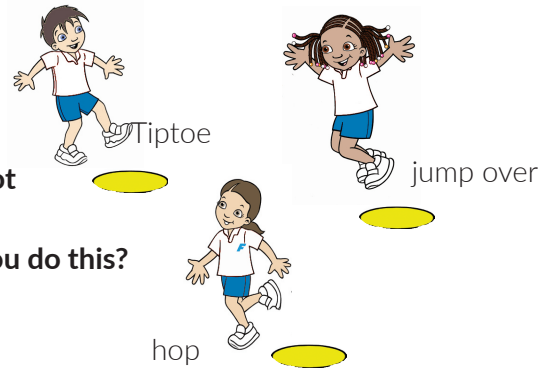


Move energetically- Jumping

Children to imagine the spots are hot...

1. Stand with the spot in front of you, at the side and behind you.
2. Tiptoe around the spot and walk back the other way.
3. Put your hands on the floor and move your feet around the spot
4. How many different ways can you go around your spot?
5. Can you jump over your spot? How many different ways can you do this?
6. Can you bounce over on one foot (hop)?
7. How many different ways can you move over your marker?

Try not to touch the spot!!



ACTIVITY 4: Drive Your Car



Negotiate Space

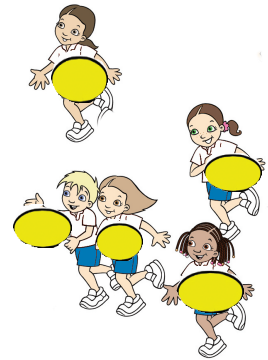
1. Children to pretend they are driving a car (use their spot as a steering wheel).
2. If the teacher calls "Park your car" they have to park in their garage (stand on their spot as quick as possible).
3. If the teacher calls "Beep the horn" children jump on their spot 5 times.
4. If the teacher calls "Roundabout" children tiptoe around their spot in a full circle.

Children to make sure they park their car in a safe space each time.

Q & A - What do you have to do when you are driving?

Explain they have to watch out for each other look up and forward.

Where do you have to park your car? In a safe space.



COOL DOWN

Children to drive their car around very slowly and put their spots away.

PLENARY

What did you enjoy about your lesson today? Who did you look out for when you moved around? Where did you park your car?